



The 12 Days of Fitness - Free Training and Classes

December 2015

 Free Training—
Member: FREE!
Non-member: \$10

 Class—
Member: \$10
Non-member: \$20

Please sign up 24 hrs
before scheduled time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Ropes: Naughty or Nice 9:30am	3	4 Sleigh Bells 11:30am	5
6	7 Holiday HIIT 5:00pm	8	9 TRX Un-Wrapped 9:30am	10	11	12
13 Twelve Days of Fitness Begins!!!	14 Plan for Success 4:30pm	15	16 Sleigh Bells 9:30am	17	18 Ropes: Naughty or Nice 11:30am	19
20	21 Merry Fitmas 5:00pm	22	23 Holiday HIIT 9:30am	24 Last Day for Twelve Days of Fitness!!!	25	26
27	28 TRX Un-Wrapped 5:00pm	29	30 Merry Fitmas 9:30am	31		

Free Training

Holiday HIIT: With the holiday hustle and bustle, it's hard to fit in a workout. Attend this 30 minute training session and learn how HIIT can be the quick and effective workout you're looking for and needing this time of year.

Cost - Members: FREE

Non-members: \$10

Merry Fitmas: Full of holiday-themed workouts, this training session will definitely get you in the holiday spirit, and in the spirit of staying fit throughout this busy holiday season! Come dressed in your best themed holiday gear and let's get you looking holly and not so jolly!

Cost - Members: FREE

Non-members: \$10

Ropes: Naughty or Nice: Battle ropes are a great, easy tool to incorporate into any workout routine. Any ability level can use these ropes. In this 30 minute session, learn the many techniques you can use with battle ropes, you can even make it competitive with your friends!

Cost - Members: FREE

Non-members: \$10

Sleigh Bells: This can one of your favorite things! Learn how to use sleds and kettle bells for versatility in your routine. Get in the holiday spirit using these tools for a time saving and fun workout.

Cost - Members: FREE

Non-members: \$10

TRX Unwrapped: You've seen the TRX bands numerous times but are unsure of how to use them. Attend this 30 minute training session where you can base a whole workout using this great piece of equipment! Push-ups, planks, and other whole body workouts are made better using the TRX bands.

Cost - Members: FREE

Non-members: \$10

Class

Plan for Success: Get your holiday post plans arranged with this great class, filled with information on nutrition and workouts that can help get you started either pre-holiday or post holiday. Attend this 1 hour class to gather information about holiday eating habits, workouts that are most effective, and what you can do with your family to eat well throughout the holidays without feeling like you're missing out! Bring the family to this informative training class to get everyone on board for a happy, healthy, and successful holiday season!

Cost - Members: \$10

Non-members: \$20